



**Grant County Health Department**  
**111 South Jefferson Street Floor 2**  
**Lancaster, Wisconsin 53813-1672**  
**www.co.grant.wi.gov**  
**(608) 723-6416**

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## **Sippy Cups and Your Child's Teeth**

As soon as teeth appear in the mouth, decay or cavities can occur. One cause of early childhood cavities (sometimes called baby bottle tooth decay) is frequent and prolonged exposure of a baby's teeth to liquids, such as fruit juice, milk or formula, which all contain sugar.

Tooth decay can occur when a child is put to bed with a bottle or sipper cup. Infants should finish their naptime or bedtime bottle before going to bed. Children should not take a sipper cup to bed unless it contains plain water.

Many training cups, also called sippy or tippy cups, are available. Many are no spill cups, which are essentially baby bottles in disguise. No spill cups have a valve under the spout to stop spills. Cups with valves do not let your child sip. The child gets liquid by sucking on the cup, much like a baby bottle. This practice defeats the purpose of using a training cup, as it does not let children learn to sip.

Begin helping your infant drink a small amount of formula or breast milk from a cup around 6 months of age. Around the first birthday, stop the bottle and change to a training cup.



## **Clean Your Child's Teeth**

As soon as your child's teeth begin to come in, brush them gently with a child-size toothbrush and water.

For children older than 2, **brush their teeth** with a pea-sized amount of **fluoride** toothpaste. Be sure they spit out the toothpaste.

Until your child can brush on his or her own, continue to brush your child's teeth twice a day with a child-size toothbrush and a pea-sized amount of fluoride toothpaste. When your child has two teeth that touch, floss their teeth every day.

Source: American Dental Association, Wisconsin WIC Program

*The mission of the Grant County Health Department is to  
promote the health and wellness of ALL residents of Grant County.*

## Websites

- ▶ Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhswir.org](http://www.dhswir.org) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.
- ▶ Visit [www.safegrantcounty.org](http://www.safegrantcounty.org) for information on the S.A.F.E. Grant County Coalition.

## Teaching Kids About Money

Children should learn about money starting when they are young, regardless of household income. Here are some tips for teaching 5-to-10-year-olds how to manage their money wisely:

- Begin giving your children a small weekly allowance to offer hands-on money management experience.
- Provide opportunities to earn extra money by doing additional household jobs.
- Let your children save for and buy something they really want. Saving habits are reinforced with rewards.



Source: CUNA Mutual

For more information on stretching your food budget, visit [www.choosemyplate.gov](http://www.choosemyplate.gov) or <http://fyi.uwex.edu/foodsense/> or contact the Grant County UW-Extension Office, 723-2125.

## Money Saving Tip:



Watch local newspapers and UW-Extension's website, <http://grant.uwex.edu/>, for information about the VITA (Volunteer Income Tax Assistance) program for free help preparing and filing your 2014 income tax

**UW**  
**Extension**

## WIC & Health Check Clinics

*(Immunizations given at all these clinics)  
(Influenza vaccine also given at all these clinics.)*

**Mar 5th**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Mar 10th**—Boscobel United Methodist Church from 9:30am to 3:30pm

**Mar 11th**—Fennimore United Methodist Church from 9:00am to 3:30pm

**Mar 17th**—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

**Mar 19th**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Mar 24th**—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

**Mar 25th**—Late Lancaster Youth & Ag Bldg from 3:00pm to 6:30pm

**Mar 26th**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm



The Grant County Health Department will be closed on the following afternoon:

April 5th at  
12:00pm (noon)

# UNITE—Take the Challenge!

UNITE is engaged people working together to bring positive change to the Platteville area. We are a community collaboration seeking to empower people to shape their own futures, thereby strengthening our collective physical, social, cultural, and economic well-being.

As great as life is in southwest Wisconsin, there also exists important opportunities to improve our community in ways that benefit all of us. UNITE is Platteville's collective response to helping make real and lasting progress—perhaps in many small ways and with hope in some major ways—by combining efforts and leveraging creative solutions that move our community forward.

UNITE is a welcoming group open to all. And we're just getting started. A steering committee has been formed as well as sub groups to focus on three general areas: a) health and wellness, b) socio-economic issues and c) unity, diversity, and communication. UNITE's three groups are charged with setting an overarching group goal for each area, identifying specific problems and root causes, prioritizing potential steps forward to make measurable progress on long-term, seemingly intractable community issues.

As a collaborative effort, UNITE is neither a private nor a governmental entity. It's a community collaboration that relies on the willingness of energized individual citizens to work together to achieve progress. To learn more about UNITE, please visit our [events](http://www.uniteplatteville.org/100miles.html) page for upcoming meets and more. Or, call Jaime Collins at (608) 342-4779.

<http://www.uniteplatteville.org/100miles.html>



## SWCAP Head Start

SWCAP Head Start, a federally funded preschool program is now taking applications for 3-5 year olds for the upcoming school year. (Children must be 3 by September 1).

Head Start offers different options in various areas: home based, combination or center based. The Head Start program:

- Is free of charge
- Serves families living in Grant, Iowa, Lafayette and Richland Counties
- Provides comprehensive education, health, nutrition, parent involvement, and family services to enrolled families

Applications will be accepted throughout the year, with selection of families in May. Families not selected for enrollment will be placed on a prioritized waiting list.

If you or someone you know would like more information, please call 1-800-494-8899 or (608) 935-3379 or write: SWCAP Head Start, 212 E Chapel St, Dodgeville, WI 53533.

# A Safe Ride?

Car seats can save lives but nearly three out of four parents make these five common mistakes:



- 1. *Wrong harness slots:*** For rear-facing seats, use slots at or below child's shoulders; for forward-facing seats, use those at or above the child's shoulders.
- 2. *The harness straps are too loose or twisted:*** There should be no slack; keep harness straps snug, straight and flat.
- 3. *The harness retainer clip (chest clip) is over the abdomen:*** Fasten clip over the middle of the chest at armpit level.
- 4. *The car seat moves more than two inches when pulled side-to-side at the base near the belt path:*** More than one inch of movement is too much.
- 5. *When using a booster seat, the lap belt rests over the child's stomach or the shoulder belt is over the face or neck:*** Lap belts must lie snugly across the upper thighs and shoulder belts across the shoulder and chest.

Always refer to the child's safety seat instructions and vehicle manual instructions for weight limits, proper use and installation.

To meet with a certified child passenger safety technician regarding installation and safety of your existing car seats or how to obtain an age-and-size appropriate car or booster seat contact the Grant County Health Department at 608-723-6416 and ask for the Car Seat Technician.



Change Service Requested

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